



GROUP EXERCISE

DECEMBER 15-19, 2025

Monday

**STRENGTH,
STABILITY,
STRETCH (SSS)**
10:30 – 11:30 AM
Matthew
(Youth Activity Center)

ZUMBA
12:00 – 1:00PM
Carrie
(Youth Activity Center)

PPG
5:00 – 7:30PM
partner group
(Youth Activity Center)

YOGA FLOW
5:15 PM – 6:15PM
Emily
(Community Room)

Tuesday

CHAIR YOGA
10:00 – 11:00 AM
Albert
(ZOOM)*

**SMOOTH & GROOVE
DANCE**
10:30 – 11:30AM
Luly
(Youth Activity Center)

Wednesday

**STRENGTH,
STABILITY,
STRETCH (SSS)**
10:30 – 11:30 AM
Matthew
(Community Room)

BOOT CAMP JAM
4:00 – 5:00 PM
Tia
(Community Room)

BOLLYWOOD
6:00 – 7:00 PM
Manasi
(Community Room)

Karate
7:30 – 9:00pm
Deke
(Community Room)

Thursday

YOGA FLOW
6:45 – 7:45 AM
Emily
(Community Room)

DANCE FUSION
10:30 – 11:30 AM
Luly
(Community Room)

CHAIR YOGA
2:00–2:45 PM
Bea
(ZOOM)*

Friday

STRETCH & FLOW
9:30 – 10:00 AM
Luly
(Community Room)

PPG
10:00 – 12:00PM
partner group
(Youth Activity Center)

**STRENGTH,
STABILITY,
STRETCH (SSS)**
11:00 – 12:00 PM
Matthew
(Community Room)

KEY

*ZOOM classes are available
from the comfort of your own
home using a computer.

Classes will be taking place in the
YOUTH ACTIVITY CENTER, 1st Floor
or
COMMUNITY ROOM, 2nd Floor

DOWNLOAD OUR MOBILE APP!

App Store



Play Store



Look up operating hours,
class schedules, and
access your membership
badge all in one place!



GROUP EXERCISE

DECEMBER 22-31, 2025

Monday

MOSSA RIDE 30
7:15 - 7:45 AM
MOSSA TV*

**STRENGTH,
STABILITY,
STRETCH (SSS)**
10:30 - 11:30 AM
Matthew

YOGA FLOW
11:45 - 12:45 PM
Kyoko

IYENGAR YOGA
1:00 - 2:30 PM
Gordon
(Canceled 12/22)
(Canceled 12/29)

TAI CHI
3:00 - 4:30 PM
Helene

YOGA FLOW
5:15 PM - 6:15 PM
Emily

INDOOR CYCLING
7:00 - 7:45 PM
MOSSA TV*

Tuesday

IYENGAR YOGA
7:15 - 8:45 AM
Mia

CHAIR YOGA
10:00 - 11:00 AM
Albert (ZOOM)*

**SMOOTH & GROOVE
DANCE**
10:30 - 11:30 PM
Gustavo

GROUP GROOVE
1:30 - 2:00 PM
MOSSA TV*

CYCLING
6:00 - 6:45 PM
Rachel
(Canceled 12/30)

Wednesday

CYCLING
7:45 - 8:30 AM
MOSSA TV*

**STRENGTH,
STABILITY,
STRETCH (SSS)**
10:30 - 11:30 AM
Matthew

BOOT CAMP JAM
4:00 - 5:00 PM
Tia
(Canceled 12/24)
(Canceled 12/31)

BOLLYWOOD
6:00 - 7:00 PM
Manasi
(Canceled 12/24)
(Canceled 12/31)

Karate
7:30 - 9:00pm
Deke
(Canceled 12/24)
(Canceled 12/31)

Thursday

YOGA FLOW
6:45 - 7:45 AM
Emily
(Canceled 12/25)

DANCE FUSION
10:30 - 11:15 AM
Rachel
(Canceled 12/25)

GROUP ACTIVE
12:30 - 1:00 PM
MOSSA TV*
(Canceled 12/25)

CHAIR YOGA
2:00-2:45 PM
Bea (ZOOM)*
(Canceled 12/25)

GROUP GROOVE
6:00 - 7:00 PM
MOSSA TV*
(Canceled 12/25)

CENTERGY YOGA
8:30 - 9:15 PM
MOSSA TV*
(Canceled 12/25)

Friday

INYEGAR YOGA
9:30 - 10:45 AM
Marion
(Canceled 12/26)

**STRENGTH,
STABILITY,
STRETCH (SSS)**
11:00 - 12:00 PM
Matthew

BOOT CAMP JAM
1:00 - 2:00 PM
Tia

GROOVE
4:00 - 5:00 PM
MOSSA TV*

LATINO GROOVE
6:00 - 7:00 PM
Gustavo
(Canceled 12/26)

Saturday

GROOVE
8:30 - 9:00 AM
MOSSA TV*

ZUMBA™
9:15 - 10:15 AM
Carrie
(Canceled 12/20)

CYNERGY FLOW
3:00 - 4:00 PM
MOSSA TV*

Sunday

YOGA
9:00 - 10:00 AM
Daniel

CYNERGY YOGA
12:00 - 1:00 PM
MOSSA TV*

GROUP GROOVE
3:00 - 4:00 PM
MOSSA TV*

KEY

***ZOOM** classes are available from the comfort of your own home using a computer.

***MOSSA TV** classes are self-led using the TV display.

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